Essentials of Teen Nutrition

Dietetics · Practice Test · 18 Questions

1. Which B-vitamin is essential for DNA synthesis and the prevention of neural tube defects during rapid growth phases?

A) Vitamin B12
B) Folate (B9)
C) Riboflavin (B2)
D) Niacin (B3)

2. What is the primary function of dietary fiber in the human digestive system?

A) Providing immediate energy for muscles
B) Aiding in bowel regularity and digestive health
C) Synthesizing essential amino acids
D) Increasing blood glucose levels

3. Which mineral is critical for the production of hemoglobin and the prevention of iron-deficiency anemia in teenagers?

A) Calcium
B) Iron
C) Magnesium
D) Potassium

4. Proteins are composed of smaller building blocks called:

A) Fatty acids
B) Monosaccharides
C) Amino acids
D) Nucleotides

5. Which nutrient is required for the absorption of fat-soluble vitamins A, D, E, and K?

A) Dietary fat
B) Vitamin C
C) Fiber
D) Complex carbohydrates

6. What is the main role of the macronutrient 'carbohydrates' in the body?

A) To repair damaged tissues
B) To provide the primary source of energy
C) To regulate hormone production
D) To act as a catalyst for enzymes

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7. Which organ is responsible for the production of bile, which helps in the digestion of fats?

A) Pancreas
B) Gallbladder
C) Liver
D) Stomach

8. Calcium is most effectively absorbed in the body when paired with which vitamin?

A) Vitamin D
B) Vitamin C
C) Vitamin B6
D) Vitamin K

9. What is the unit of measurement used to express the energy content of food?

A) Gram
B) Kilojoule
C) Milliliter
D) Degree Celsius

10. Which type of fat is characterized by being solid at room temperature and is typically found in animal products?

A) Polyunsaturated fat
B) Monounsaturated fat
C) Saturated fat
D) Trans fat

11. The process of breaking down food into smaller components that can be absorbed by the body is known as:

A) Metabolism
B) Digestion
C) Absorption
D) Synthesis

12. Which of the following is considered an 'essential' nutrient because the body cannot produce it in sufficient quantities?

A) Glucose
B) Cholesterol
C) Omega-3 fatty acids
D) Glycogen

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13. Vitamin C is best known for its role in supporting:

A) Bone density
B) Immune system function
C) Muscle contraction
D) Night vision

14. Where does the majority of nutrient absorption take place in the human digestive tract?

A) Stomach
B) Esophagus
C) Large intestine
D) Small intestine

15. Which macronutrient provides the most energy per gram (approximately 37 kilojoules)?

A) Protein
B) Carbohydrates
C) Fats
D) Fiber

16. Potassium is an electrolyte that is particularly important for:

A) Muscle function and heart health
B) Improving skin elasticity
C) Blood clotting
D) Synthesizing Vitamin D

17. What happens to excess glucose in the body that is not used for immediate energy?

A) It is converted into muscle tissue
B) It is stored as glycogen or body fat
C) It is exhaled as carbon dioxide
D) It is excreted through the sweat glands

18. Which of these nutrients is classified as a micronutrient?

A) Protein
B) Carbohydrates
C) Zinc
D) Fats

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